

Shoreline



City of Seal Beach Classes and Activities • Winter 2011



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City of Seal Beach

211 8th Street, Seal Beach, CA 90740
(562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	David Sloan, District 2
Mayor Pro Tem	Michael Levitt, District 5
Council Member	Charles Antos, District 1
Council Member	Gary Miller, District 4
Council Member	Gordon Shanks, District 3

CITY STAFF

City Manager	David N. Carmany
Asst. to the City Manager	Jill Ingram
City Clerk	Linda Devine
Chief of Police	Jeff Kirkpatrick
Director of Development Services	Mark Persico
Dir. of Administrative Services	Robbeyn Bird
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Comm. Services Supervisor	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Kukuruda, ext. 1306

RECREATION COMMISSIONERS

District 1	Terry Barton
District 2	Leonard DeLay
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

MUNICIPAL MEETINGS

Redevelopment Agency

Follows Council Meeting when necessary

Planning Commission

7:30pm; 1st & 3rd Wed per month

Environmental Quality Control Board

6:30pm; Last Wednesday/month

Recreation Commission

6:00pm; 4th Wednesday/month

January, February, March, April, May, June, September, October, November

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HOLIDAY CLOSURES

Veteran's Day – November 11

Thanksgiving – November 25 and 26

Christmas/ New Years – December 24-January 2

Martin Luther King Jr. Birthday – January 17

Presidents' Day – February 21

Day Light Savings

Spring Forward on March 13, 2011

Daylight saving time is also a perfect opportunity to not only change your clock, but also change the batteries in your smoke alarms and carbon monoxide detectors.

City News

City of Seal Beach



Winter 2011

A Message from the City Manager's Office

In looking forward with enthusiasm to the holiday season, and the end of another successful year, I would like to briefly reflect on some of the exciting celebrations in Seal Beach in 2010 for which we are so fortunate.

2010 began with an extremely monumental event in Seal Beach.....bringing a new Naval ship to life and the beginning of a new chapter in our Navy's history! The City of Seal Beach was the extremely proud host to a symbolic and patriotic celebration of the commissioning of the USS Dewey on Saturday, March 6, 2010.....a commemoration that will forever be a footprint in the history of our city. It goes without saying that Seal Beach was truly honored to welcome the men and women of the USS Dewey who proudly represent the core values of honor, courage, and commitment to the U.S. Navy.....the City of Seal Beach salutes and commends the officers and crew of the USS Dewey and look forward to their visit in 2011!

To continue our excitement, on Saturday, March 20, 2010, the City Council officially celebrated the grand opening of Seal Beach Fire Station 48 on North Gate Road, a state-of-the-art fire and emergency services facility that includes a community room/training room that will serve an integral function as the City's secondary Emergency Operations Center, as well as

a community room for use by community groups and organizations. To add to our enthusiasm in June 2010, the City's new Fire Station 48 was recognized as a distinguished project by the Western Council of Construction Consumers for completing the construction project under budget, before deadline, and adding state-of-the-art equipment, as well as its capacity to serve the City as a backup emergency operations center, and is large enough to serve as a command post in the event of any man-made or natural disaster. Kudos to the community for your continued patience and support of this essential public safety endeavor!

On Monday, May 24th, a press conference was held at Eisenhower Park to recognize the City of Seal Beach as the winner of the American Shore and Beach Preservation Association's prestigious 2010 Best Restored Beach Award. The project involved nourishing a popular but eroding beach east of the pier using 74,000 cubic yards of offshore dredged material at a total cost of over \$1.1 million. This vital project involved a significant commitment of the City Council and investment in our coastal resource, which is allowing the City the flexibility to better manage the sand on our shoreline over time, and enhancing shorefront protection.

Last but definitely not least, kudos to the

2010 Founders Day Committee who worked together collaboratively since last year to plan several activities in celebration of the City's 95th anniversary on October 10, 2010. We are indeed very fortunate

to have so many residents who care very passionately about Seal Beach and dedicated countless hours over the last year on behalf of residents to celebrate our City's history and strengthen our community image and sense of pride, increase cultural, promote increased tourism in support of our businesses, and fundraising to promote and benefit recreation programs and facilities for our youth. Thank you 2010 Founders Day Committee for your commitment to celebrating the history of Seal Beach!

Wishing each of you a fun-filled festive holiday season and a prosperous and successful new year in 2011!



City Manager
David N. Carmany

David N. Carmany
City Manager

Seal Beach Founders Day Committee 2010

Thank you to the Seal Beach Founder's Day Committee for their hard work and dedication in commemorating the City's rich history and for organizing great events to bring the community together. The volunteer Founder's Day Committee is dedicated to celebrating the City of Seal Beach and helping to create a stronger community through support of recreational events. We look forward to a great 100th birthday. Funds raised will be used to improve Seal Beach Parks & Recreation facilities, provide pool equipment, and purchase a Founder's Day bench on Main Street.



A special thank you to the Founder's Day planning committee. *Back row, Left to Right:* Eddie Montana, Leonard DeLay, Graham McAllister, Seth Eaker, Alan Katz, Riley Forsythe, Tim Kelsey, and Perry Watson. *Middle Row, Left to Right:* Nancey Kredell, Jill Ingram, Gina Phillips, Gwen Forsythe, Libby Appelgate, Nancy Grgas, and Marc Loopesko. *Bottom Row/ First row, Left to Right:* Marie Antos, Marcha Katz, Schelly Sustarsic, Carla Watson, Ann Tuler, and Elizabeth Kane. *Not pictured:* Scott Newton, Allison Cotter, Jo Dawson, Michael Dobkins, Ruth Harrell, and Dana Kukuruda.

Seal Beach 95th ★ Founders Day

A Special Thank You to our 2010 Sponsors!

Gold Level Sponsors (\$2,500)

- Old Ranch Country Club
- Richards, Watson, and Gershon
- The Boeing Company

Partnerships

- City of Seal Beach
- Seal Beach Chamber of Commerce

Silver Level Sponsors (\$1,000)

- Seal Beach Host Lions
- Consolidated Disposal Services

Special Thank You

A special thanks to the City of Cypress for their generous in-kind donation for the use of the City of Cypress showmobile stage at the Greenbelt Festival.

Bronze Level Sponsors (\$500)

- Seal Air Federal Credit Union
- Seal Beach Family Medical Group
- The Hampton Inn
- Seal Beach Center for Spiritual Living
- Gwen & Riley Forsythe
- Ellery Deaton
- Perry & Carla Watson
- Commercial Aquatic Services, Inc

Don't miss out on upcoming holiday activities!

See **Page 8** for additional information.

Seal Beach Founders Day 2010



2-1-1 Orange County provides residents with link to health and human services



2-1-1 Orange County offers a comprehensive information and referral system linking Orange County residents to community health and human services and support. Callers seeking assistance can dial 211 (toll-free) 24 hours-a-day and be connected to trained, multilingual Information and Referral specialists. Accessing a database with information on more than 1,800 government and nonprofit agencies offering approximately 4,000 specialized services, these I&R specialists refer callers to the people who can address their particular needs.

2-1-1 is to health and human services what 9-1-1 is to emergency services. 2-1-1 Orange County also serves as a cru-

cial public information system during local emergencies such as earthquake, fire or other disasters.

2-1-1 Orange County, a nonprofit 501(c)(3) organization, is a professional membership association of more than 1,200 information and referral organizations, each supporting 28 state and regional affiliates, that brings people and services together. While every 2-1-1 organization conforms to the guidelines and standards set by the national 2-1-1 organization, each is locally organized and funded.

What we do...and whom we help:

While 2-1-1 Orange County does not assist with life and death emergencies –

those calls are directed to 9-1-1 – we refer callers to organizations qualified to address an incredible array of health and human services, including: Food, Shelter, Transportation, Prenatal care, Substance abuse, Government assistance programs, Workforce development, health insurance access programs, Prevention and safety services, Child development care, Elder care and Medical, dental and vision care.

2-1-1 Orange County is available to literally every resident and visitor in Orange County – young and old, rich and poor, male and female, longtime residents and those just arriving from elsewhere. We provide multi-lingual services.

Electric Avenue Storm Drain

The City is constructing Storm Drains on Electric Avenue between Seal Beach Boulevard and 14th Street! This project will improve the drainage on the eastern side of Old Town east of 12th Street and north of Ocean Avenue. This project will not remove the existing storm drains, but add additional drainage to the system. Construction was started after the Labor Day holiday and is progressing on schedule. The construction is anticipated to extend to the summer of 2011. The contractor is starting with installing drainage on 17th, 16th, 15th, and 14th Streets. The project will then install the drainage on Electric Avenue (west-bound side) and conclude at the Storm Drain lift station located on Seal Beach Boulevard. Parking will be restricted during the construction where the contractor is working. Additional parking has been made available on the south side of Electric Avenue. Please be cautious when around the work area. If there are any questions please call the Public Works Department at (562) 431-2527 x: 1331.



Class registration begins
Monday, November 8

*Don't forget to register early to avoid class cancellations – See **Page 23** for registration information.*

■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Barbie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3	562-596-1404 Community Access
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm (562) 431-2527, Ext. 1344
Address	211 8th Street, Seal Beach, CA 90740
Ext. 1344	— General information & Classes
Ext. 1307	— Adult Sports, General Information
Ext. 1306	— Brochure/Classes, Instructors, Facility/Park Rentals/Community Gardens
Ext. 1341	— Athletic Fields, Aquatics, Swim Lessons and Gym Reservations
Ext. 1308	— Administrative Inquiries: Jill Ingram

City of Seal Beach ***Holiday Fun!***

November 27

Tree Lighting Ceremony

4–7 P.M. • Seal Beach Pier

Free Admission/All Ages

Come see the new 18' tree! Tree lighting at dusk at the base of the Seal Beach Pier. Please refer to the back cover of this brochure for information on how to purchase a personalized gift tag.



December 3

Seal Beach Holiday Parade

7 P.M. • Main Street • Free Admission/All Ages

Contact the Seal Beach Chamber of Commerce for more information (562) 799-0179

December 11

Breakfast with Santa

8–10:30 A.M. • Eisenhower Park • Free Admission/All Ages

The Seal Beach Community Services Department is cosponsoring this event with the Seal Beach Host & Leo's Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair! FREE! First come, first served. Donate new toys for children in need to the "OC Spark of Love", hosted by the southern California Fire Departments.

Children's Library Programs

at Mary Wilson Library

Expert in NASA's Deep Space Program

Sunday, November 7 at 3pm with Karla Warner

Free Admission, Refreshments Served.

Kids' Crafts

First Saturday of every Month
All day program

Fall Storytime Stay & Play

Mondays & Tuesdays
11:15am-noon (Ends Nov. 30)

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm

Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584



Holiday Decor Contest

All Seal Beach residents and businesses are invited to participate in the first-ever Seal Beach Holiday Décor Contest! Enter categories such as "best use of color," "best animation," and "the lightest and the brightest." Winners in each of Seal Beach's neighborhoods and business areas will be honored with a certificate and a designation on a special city map so families can go check out the festive décor of the season. The Seal Beach Chamber of Commerce is supporting this event, which will be entirely run and judged by area students. Watch for details and entry forms at the Seal Beach Chamber of Commerce website: www.sealbeachchamber.org. Students interested in becoming a judge can also find information at www.sealbeachchamber.org.

December 14

Dance Recital

7 P.M. • McLaugh Auditorium

February 7 – April 11

Free Senior Tax Assistance

Monday Mornings Only!

Seal Beach Senior Center

Free assistance for low-income seniors in preparing State and Federal Income Tax returns.

Appointments will be taken on a first-come, first-served basis at 8:30 a.m., 9:30 a.m., 10:30 a.m., & 11:30 a.m. You will meet your tax counselor at the Seal Beach Senior Center. Call for your free appointment and paperwork today! (562) 431-2527 x1344



March 26

Giant Book Sale

10 A.M. – 2 P.M.

Mary Wilson Library

April 2

Seal Beach 5K/10K Walk/Run

On your mark, get set, go! Get ready for the 37th Annual Seal Beach 10k Run. More than 5,000 runners and walkers crossed the finish line last year and it was the most successful to date! Help us beat that! Visit www.sealbeach-run.com and register for the race, volunteer to help; stand on the sidelines and cheer, cheer, cheer! Join the whole community for this wonderful, healthy, fun event!



April 30

Seal Beach Classic Car Show

10 A.M. – 3 P.M.

Main Street

Register online at www.sealbeachchamber.org

Free Spectator Admission

Ongoing

Save Our Beach

10 A.M. – 1 P.M.

1st Street Beach

Monthly Beach clean-up (3rd Saturday of each month) For more information, call Kim Masoner at (562) 884-6764.



Baby Sign Language

Shannon Zeeman
Los Alamitos Community Center
10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. Learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, mom, dad and so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

111071-01	3 weeks	Mon	1/24-2/7	9:45-10:30am	3mos. - 1 1/2yrs	\$36
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Music & Movement

Danuta Klimczak
Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom both musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. Visit www.growingwithmusicandmovement.com. No class 11/26

411061-03	3 weeks	Fri	11/19-12/10	10-10:45am	2yrs	\$33
411061-04	3 weeks	Fri	11/19-12/10	11-11:45am	3-4yrs	\$33
111061-01	8 weeks	Fri	1/14-3/4	10-10:45am	2yrs	\$75
111061-02	8 weeks	Fri	1/14-3/4	11-11:45am	3-4yrs	\$75

Art & Literacy Adventures

Gina Latora
Marina Community Center- Large Room
151 Marina Dr.

Stories will be told, we will create arts and crafts based on the story. We will also practice group participation with music and props. Kids learn best when they are actively having fun at it. Fine motor skills and critical thinking skills needed for school success will be presented. A \$15 cash material fee is payable to class instructor at the first class meeting. Adult participation required. Interested in more info? Email missginalatora@gmail.com. No Class 1/17 & 2/21

111093-01	4 weeks	Mon	1/3-1/31	10:45-11:45am	2-3.5 yrs	\$38
111093-02	4 weeks	Mon	2/7-3/7	10:45-11:45am	2-3.5 yrs	\$38

Parenting with a Purpose

Shaila Saint
Los Alamitos Community Center
10911 Oak Street

How often in our busy lives as parents have we wished we had a supportive place we could stop and think about what is really important to us and our families? Through discussions, observations, and self-reflection, these parent education classes give parents the opportunity to clarify their own family vision and goals, learn about their infant and toddler's development, and get support and parenting strategies, all at the same time. Parent participation is required. Please do not bring unregistered siblings. \$10 supply fee payable to instructor at first class meeting. No Class 1/25

111042-01	5 weeks	Tue	1/11-2/15	9:15-10:45am	21-27 mos	\$70
111042-02	5 weeks	Tue	2/22-3/22	9:15-10:45am	21-27 mos	\$70
111042-03	5 weeks	Tue	1/11-2/15	10:45am-12:15pm	27-33 mos	\$70
111042-04	5 weeks	Tue	2/22-3/22	10:45am-12:15pm	27-33 mos	\$70



Artable Discoveries

Gina Latora
Marina Community Center
151 Marina Dr.

Discover how Artables is math, science, literacy, & fun. Kids receive open ended experience from creating art. Kids are encouraged to be creative and to experiment. A \$15 cash material fee is payable to instructor at first class meeting. Adult participation is optional. More info: e-mail missginalatora@gmail.com. No Class 1/17 & 2/21

111094-01	4 weeks	Mon	1/3-1/31	1:45-2:45pm	5-6yrs	\$38
111094-02	4 weeks	Mon	2/7-3/7	1:45-2:45pm	5-6yrs	\$38

Hola Ninos

Priscilla Monserrate-Sander
Los Alamitos Community Center
10911 Oak Street

Vamos a jugar! Let's play! Toddlers with all levels of exposure will be immersed in the Spanish language via a unique style of storytelling, puppetry, dance, music, and movement. The seasons provide the context for relevant and practical learning experiences. Everyone takes home lyrics and resources to continue the fun at home. Parent participation is required. Optional music CD available for \$7 (payable directly to instructor). Please do not bring unregistered siblings to class. Additional parking available in Idec parking lot (Katella & Civic Center Dr.). \$10 supply fee payable to instructor. No class 2/21

111072-01	6 weeks	Mon	1/24-3/7	9:45-10:35am	2-5yrs	\$68
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Toddler Express

Reina Rivera
Los Alamitos Community Center
10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. \$5 cash supply fee payable to instructor. No Class 2/9 & 2/11

111073-01	6 weeks	Wed	1/12-2/23	9:30-10:15am	1-3yrs	\$68
111073-02	6 weeks	Wed	3/2-4/6	9:30-10:15am	1-3yrs	\$68
111073-03	6 weeks	Fri	1/14-2/25	9:30-10:15am	1-3yrs	\$68

Lil Explorers – I Spy Winter

Reina Rivera
Los Alamitos Community Center
10911 Oak Street

Let all the Curious Georges and Georgette's come on over to explore and discover unique sensory activities! Come develop your child's intelligence through hands-on interaction with nature and fun environmental concepts. Classes are enhanced with music and movement, puppetry, learning games, crafts and unique story readings. Parent participation is required. \$10 cash supply fee payable to instructor.

111074-01	6 weeks	Wed	3/2-4/6	10:30-11:15am	1-3yrs	\$68
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Registration begins November 8

Register early to avoid class cancellations – Page 23

Artable Adventures

Gina Latora

Marina Community Center- Large Room
151 Marina Dr.

Art is learning. Art is an adventure. We will drip, drizzle, shake, scrape, swirl, spread, brush, and squeeze. Early math, science, and literacy skills will be introduced. Encourage your child to experiment with colors, lines, and patterns in unique and creative ways. This class is great for home schooled children. A \$15 cash material fee is payable to the instructor at first class meeting. Adult participation required. More info: e-mail missginalatora@gmail.com. No Class 1/17 & 2/21

111092-01	4 weeks	Mon	1/3-1/31	9:30-10:30am	1 1/2- 8 yrs	\$38
111092-02	4 weeks	Mon	2/7-3/7	9:30-10:30am	1 1/2- 8 yrs	\$38
111092-03	4 weeks	Mon	1/3-1/31	12:15-1:15pm	1 1/2- 8 yrs	\$38
111092-04	4 weeks	Mon	2/7-3/7	12:15-1:15pm	1 1/2- 8 yrs	\$38

Arts & Crafts Adventures

Gina Latora

Marina Community Center
151 Marina Dr.

Increase your child's self confidence and enthusiasm for creating one of a kind arts & crafts projects. A wide range of art mediums will be explored. Kids are encouraged to use their own imagination and creativity for projects and creations. \$15 cash material fee is payable to the instructor at first class meeting. Adult participation is optional. More info: e-mail missginalatora@gmail.com. No Class 1/17 & 2/21

111095-01	4 weeks	Mon	1/3-1/31	3-4pm	6 1/2- 8yrs	\$38
111095-02	4 weeks	Mon	2/7-3/7	3-4pm	6 1/2- 8yrs	\$38

Holiday Art Studio Workshop

Brenda Benveniste

Marina Community Center- Large Room
151 Marina Dr.

Have your child join us for a fabulous one day artist workshop which will focus on creating expressive and brilliant canvas paintings. Students will work with a high level of professional materials (canvas/ acrylic/ watercolor/ ink and mixed media) to create exquisite multiple art pieces for holiday exchanges or keep for their wall. Participants will also be designing personal tags and cards. Subjects will include botanical, pop, and world cultures. Mood music and munchies are included! \$30 material fee payable to instructor at class.

126024-01	1 Day	Mon	12/20	10am-2pm	6-12yrs	\$60
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Art Studio/ Drawing & Painting

Brenda Benveniste

Marina Community Center- Small Room
151 Marina Dr.

Artists will develop a solid foundation of techniques in composition and a high level of art concepts including elements and principles, such as light and shadow, color and perspective, consequently finding confidence in drawing and an individual path for personal artistic expression. Class will also embrace master artists and art periods. \$25 material fee payable to instructor at the first class.

126022-01	4 weeks	Thu	12/9-12/30	3:15-4:45pm	6-10yrs	\$96
126022-02	4 weeks	Thu	1/6-1/27	3:15-4:45pm	6-10yrs	\$96
126022-03	4 weeks	Thu	2/3-2/24	3:15-4:45pm	6-10yrs	\$96

Open Art Studio

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

Students will work on their own projects and at their own pace exploring different painting media and subject matter. Emphasis is placed on sighting skills, composition and drawing techniques, painting method (creating light, volume, depth and texture) and application as well as developing the student's originality and creative development. The instructor's commitment to personal artistic style and self-expression is supported with one-on-one attention, critiques, demonstrations and references. \$25 material fee payable to instructor at first class.

126023-01	4 weeks	Thu	12/9-12/30	5-6:30pm	8-13yrs	\$96
126023-02	4 weeks	Thu	1/6-1/27	5-6:30pm	8-13yrs	\$96
126023-03	4 weeks	Thu	2/3-2/24	5-6:30pm	8-13yrs	\$96

On Camera Acting

Marc Gordon

North Seal Beach Center
3333 Saint Cloud Dr.

Come take acting classes from a professional actor and comedian. This hands on class will build participants confidence on camera. During the course of this class students will work on auditioning for commercials, films, and television shows. Participants will also learn Improv and character development. All participants will receive a copy of their work at the completion of the class. \$20 material fee payable to instructor at the first class meeting.

136070-01	2 weeks	Sun	1/23-1/30	10-11:30am	8-10yrs	\$50
136070-02	2 weeks	Sun	1/23-1/30	11:45-1:15pm	11-14 yrs	\$50
136070-03	3 weeks	Sun	2/27-3/13	10-11:30am	11-14 yrs	\$75
136070-04	3 weeks	Sun	2/27-3/13	11:45-1:15pm	11-14 yrs	\$75

Youth Etiquette

Cricket Wantland

Los Alamitos Community Center,
10911 Oak Street

Youth etiquette is a fun and informative program that provides a foundation of good manners, dining skillfulness, and leadership ability. Topics include using a cell phone, introducing yourself and others and what to do at a dinner table. Last class will include a 3 course meal at a local restaurant. \$20 restaurant fee and \$8 booklet fee payable to instructor at first class meeting.

126086-01	4 weeks	Wed	1/5-1/26	3:30-4:20pm	7-12yrs	\$40
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Next Top Model Workshop

Dayana Roman De Brea

Marina Community Center- Large Room
151 Marina Dr.

This class is designed for girls of various shapes and sizes and will transform them into supermodels in a Catwalk Fashion Show. Class includes a brief introduction to catwalk modeling, basic modeling moves, hand positions, hair style, make-up techniques, wardrobe, photo shoots, styling and more! An unforgettable small Fashion Show will be held at the end of the class for family and friends. Please advise instructor of any allergies or skin sensitivity. Each participant will get a certificate of completion. A \$10 cash supply fee payable to instructor at class.

136073-01	1 Day	Sat	2/26	10am-2pm	10-18yrs	\$50
136073-02	1 Day	Sat	3/19	10am-2pm	10-18yrs	\$50

Baby Ballet

Anne Pennypacker

Marina Community Center, 151 Marina Drive

Come dance and play as "Mommy and Me" in Miss Anne's Baby Ballet. We'll dance with flowers, sing songs, and play instruments in this fun first class for future dancers.

142032-01	6 weeks	Thu	1/13-2/17	9-9:30am	2-4yrs	\$54
142032-02	6 weeks	Thu	2/24-3/31	9-9:30am	2-4yrs	\$54

Pretty Princess Pre-Ballet

Anne Pennypacker

Marina Community Center, 151 Marina Drive

Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment!

142033-01	6 weeks	Thu	1/13-2/17	3-3:45pm	4-7 yrs	\$56
142033-02	6 weeks	Thu	2/24-3/31	3-3:45pm	4-7yrs	\$56

Petit Ballerina

Anne Pennypacker

Marina Community Center, 151 Marina Drive

Join Miss Anne in a magical adventure into the world of ballet: plies, sautes, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!"

111030-01	6 weeks	Thu	1/13-2/17	5:15-5:45pm	2 1/2-4yrs	\$54
111030-02	6 weeks	Thu	2/24-3/31	5:15-5:45pm	2 1/2-4yrs	\$54

Pre-Ballet & Tap

Anne Pennypacker

Marina Community Center, 151 Marina Drive

Come learn Dance FUNdamentals in a creative first class for dancers! A great introduction to basic ballet and tap steps as well as improving social and motor skills. At session's end, we'll put on a show! Ballet and tap shoes required.

112024-01	6 weeks	Wed	1/12-2/16	2-2:30pm	3-4yrs	\$54
112024-02	6 weeks	Wed	2/23-3/30	2-2:30pm	3-4yrs	\$54

Tiny Tappers!

Anne Pennypacker

Marina Community Center, 151 Marina Drive

It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap.

112026-01	6 weeks	Wed	1/12-2/16	2:30-3pm	3-5yrs	\$54
112026-02	6 weeks	Wed	2/23-3/30	2:30-3pm	3-5yrs	\$54

Ballet/ Tap Combo

Anne Pennypacker

Marina Community Center, 151 Marina Drive

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as the shuffle ball change. A great class for dancers of all levels! At session's end, we'll put on a show. Ballet and tap shoes required.

122021-01	6 weeks	Wed	1/12-2/16	3-3:45pm	5-8yrs	\$56
122021-02	6 weeks	Wed	2/23-3/30	3-3:45pm	5-8yrs	\$56

Ballet/Tap/Jazz Combo

Anne Pennypacker

Marina Community Center, 151 Marina Drive

This class introduces students to basic ballet and jazz warm-up, positions, technique, leaps and turns and classic tap steps such as the shuffle ball change. Then with the new moves, learn a funky upbeat dance routine! Ballet or jazz and tap shoes required.

142035-01	6 weeks	Thu	1/13-2/17	3:45-4:30pm	6-12yrs	\$56
142035-02	6 weeks	Thu	2/24-3/31	3:45-4:30pm	6-12yrs	\$56

Musical Theatre Stars

Anne Pennypacker

Marina Community Center, 151 Marina Drive

Calling all entertainers! This class is designed for creative students interested in exploring dancing, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class.

122024-01	6 weeks	Wed	1/12-2/16	3:45-4:30pm	5-12yrs	\$56
122024-02	6 weeks	Wed	2/23-3/30	3:45-4:30pm	5-12yrs	\$56

Hip Hop

Anne Pennypacker

Marina Community Center, 151 Marina Drive

Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! Tennis shoes or Jazz shoes required.

142034-01	6 weeks	Thu	1/12-2/16	4:30-5:15pm	5-12yrs	\$56
142034-02	6 weeks	Thu	2/23-3/30	4:30-5:15pm	5-12yrs	\$56

Breakin'

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Throwing down some gymnastic mats, this class will teach break-dancing skills such as toprock, freeze, power moves & tricks.

122029-01	6 weeks	Wed	1/12-2/16	4:30-5:15pm	6+yrs	\$56
122029-02	6 weeks	Wed	2/23-3/30	4:30-5:15pm	6+yrs	\$56

Street Dance/ Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

As danced in music videos, this class will cover locking, popping and house style dance.

122030-01	6 weeks	Wed	1/12-2/16	5:15-6pm	7+yrs	\$56
122030-02	6 weeks	Wed	2/23-3/30	5:15-6pm	7+yrs	\$56

Submit Your Photos

- Have you or your children participated in one of our classes
- and have high resolution digital photographs that you would like to submit for publication in the
- Seal Beach Shoreline?
- See Page 22 for details.



Mini-Gym

Anne Pennypacker, Marina Community Center, 151 Marina Drive

An introduction to gymnastic fundamentals, developing motor skills to serve as a prelude for future tumblers! A creative first class to develop strength and coordination in little gymnasts. Parent participation required. \$10 material fee due to instructor at first class.

111031-01	6 weeks	Tue	1/11-2/15	9-9:30am	2-4yrs	\$54
111031-02	6 weeks	Tue	2/22-3/29	9-9:30am	2-4yrs	\$54
111031-03	6 weeks	Tue	1/11-2/15	3-3:30pm	2-4yrs	\$54
111031-04	6 weeks	Tue	2/22-3/29	3-3:30pm	2-4yrs	\$54

Pre-School Gymnastics

Anne Pennypacker, Marina Community Center, 151 Marina Drive

Class is structured to introduce floor work such as bridge, cartwheels, frog stands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! \$10 material fee due to instructor at first class.

111032-01	6 weeks	Tue	1/11-2/15	3:30-4pm	4-6yrs	\$54
111032-02	6 weeks	Tue	2/22-3/29	3:30-4pm	4-6yrs	\$54

Gymnastics – Level 1

Anne Pennypacker, Marina Community Center, 151 Marina Drive

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! \$10 material fee due to instructor at first class.

111033-01	6 weeks	Tue	1/11-2/15	4-4:45pm	6-10yrs	\$56
111033-02	6 weeks	Tue	2/22-3/29	4-4:45pm	6-10yrs	\$56

Leaps, Flips, Turns, & Tricks!

Anne Pennypacker, Marina Community Center, 151 Marina Drive

A combination dance & gymnastics class designed for dancers/ gymnasts looking to improve their skills & abilities. The gymnastic portion of class will be geared towards tumbling skills (such as backbends & handstands). Dance will be focused on leaps, jumps, and turns (such as chaine, pique, pirouettes). Jazz shoes recommended. \$10 material fee payable to instructor at first class meeting.

111034-01	6 weeks	Tue	1/11-2/15	4:45-5:30pm	7-12yrs	\$56
111034-02	6 weeks	Tue	2/22-3/29	4:45-5:30pm	7-12yrs	\$56

Kiddie Karate

Gary Pitts, Los Alamitos Community Center, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class.

111050-01	4 weeks	Tue	1/4-1/25	5:30-6pm	3-6yrs	\$30
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Karate Beginning/ Advanced

Gary Pitts, Los Alamitos Community Center, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Wear loose clothing.

122051-01	4 weeks	Tue	1/4-1/25	6:05-6:50pm	7+yrs	\$35
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Skatedogs

Adam Cohen, Heartwell Park- Long Beach, 5801 E Parkcrest Street

Skateboarding is one of the world's fastest growing sports! Whether you are just learning, or ready to learn more advanced tricks, this class is right for you. Make new friends, advance your skateboarding skills, and most importantly, have fun in our private skatepark. All skaters will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

123150-01	5 weeks	Wed	12/8-1/5	4-5:30pm	6-13yrs	\$112
123150-02	5 weeks	Wed	1/19-2/16	4-5:30pm	6-13yrs	\$112

Coed Beginning Volleyball

Maria Fattal, McGaugh Campus, 1698 Bolsa Ave.

Learn to play volleyball this season. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 12/26, 1/2 & 1/9

133060-01	10 weeks	Sun	12/5-2/27	12-2pm	9-13yrs	\$140
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Winter Sport Camp

Scott Durzo & Staff

McGaugh Gym & Fields (Near West Gate), 1698 Bolsa Ave.

127011-01	4 Days	Mon-Thu	12/20-12/23	10am-3pm	5-11yrs	\$120
127011-02	4 Days	Mon-Thu	12/27-12/30	10am-3pm	5-11yrs	\$120

Sport of the Day at McGaugh

Scott Durzo & Staff

McGaugh Gym & Fields (Near West Gate), 1698 Bolsa Ave

A combination class covering: Basketball, Soccer, Baseball, and Flag Football. A sport combination class in which your child will be instructed in 2 or more sports per day which include drills and games. Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! All Grades 2:15-3:15pm. All Grades on Wednesdays from 1-3:15pm. There is a 15 minute grace period for pick-up after class and participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly with your day's selections, for no class dates, and minimum day schedule at scottdurzo@mac.com. *Two days are required for all Wednesday visits.

127010-01	Mon- Fri	1/1-3/11	2:15-3:15pm	5-11yrs	\$200/20 Day Kid Card
			1-3:15pm (Wed)*		

Westminster ICE

Fee: \$35/ 4weeks

13071 Springdale, Westminster

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. See flyer at Community Centers or online at www.ci.seal-beach.ca.us for individual class descriptions, dates, and times. Preregistration required through the Community Services Department for all classes.

California State Notary Public

Betty Bosley

Seal Beach Senior Center, 707 Electric Ave.

Become a California State Notary Public. California needs additional professional Notaries! This class will provide the new or previously commissioned Notaries with the education and skills to pass the state proctored examination, detect fraud, and become successful in a new career. Commissioned Notaries may take this course six months prior to their Commission expiration date. There is a growing need for notaries in the expanding financial, real estate, business and law professions. Become a valuable employee or own your own business. This class exceeds the State qualifications for new applicants and notaries that are renewing their commissions. The student will receive a State approved Certificate of Completion for the class. The State proctored notary examination will be administered at 5pm and is an additional \$40, check or money order can be made payable to the Secretary of State. \$45 lab fee payable to instructor at class. Please note, this class is for California residents ONLY!

146036-01	1 Day	Sat	1/29	8am-4pm	18+yrs	\$72
146036-02	1 Day	Sat	3/5	8am-4pm	18+yrs	\$72

Adult Painting

Brenda Benveniste

Marina Community Center- Small Room, 151 Marina Dr.

Create works of art on your own! Enhance your way of seeing and increase your own artistic style while acquiring the techniques of painting. Students will understand spatial relationships, proportions, color value, and light and shadow. Artists will work from photos or still life depending on their need and interest. Individualized instruction is emphasized as you work at your own pace. All materials are provided for you. \$30 material fee payable to instructor at first class.

146086-01	4 weeks	Thu	12/9-12/30	6:45-8:45pm	18+yrs	\$96
146086-02	4 weeks	Thu	1/6-1/27	6:45-8:45pm	18+yrs	\$96
146086-03	4 weeks	Thu	2/3-2/24	6:45-8:45pm	18+yrs	\$96

Dog Obedience

Dog Services Unlimited Trainer

Los Alamitos Community Center, 10911 Oak St.

Laurel Park, 10862 Bloomfield

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$5 insurance/ awards fee to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center. Otherwise all other classes will be held at Laurel Park-corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.

166040-01	8 weeks	Thu	1/20-3/10	6:30-7:30pm	9+yrs	\$79
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Beginning Guitar

Jim Fagen

Los Alamitos Community Center, 10911 Oak St.

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too!

166070-01	6 weeks	Thu	1/27-3/3	5:30-6:30pm	9+yrs	\$74
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How to Sell on eBay

Frances Greenspan

Los Alamitos Community Center

10911 Oak St.

Everyone has lots of stuff in closets, drawers, garages, and paid for storage areas! Instead of holding onto things you don't use or need, why not make some money and maybe even help others clear out their stuff at the same time? Selling on eBay is easy once you know the tricks of the trade. Students will learn how to organize, categorize, price items, write posts, and how to set-up an account. You will leave class with a complete understanding of the process and best practices for selling on eBay.

146040-01	2 weeks	Wed	3/16 & 3/23	6:30-8:30pm	18+yrs	\$65
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Improving PC Performance

Bob Cohen

Los Alamitos Community Center

10911 Oak St.

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 supply fee payable to instructor.

146034-01	1 Day	Wed	1/19	6:30-9:30pm	18+yrs	\$38
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Professional Make-up Workshop



Dayana Roman De Brea

Marina Community Center- Large Room, 151 Marina Dr.

Students will be introduced to professional use of make-up for daytime, nighttime, & special purposes. We will cover faces, eyes, and lip shapes. We will also go over, foundation, cover-up make-up, contour make-up, powder, brushed, under eye, eye shadow, eyeliner, and lip make-up. \$10 cash supply fee payable to instructor at class.

136071-01	1 Day	Sat	1/8	10am-1pm	16+yrs	\$30
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2010 seal beach

tree lighting ceremony

come see the new 18' tree

gift tag-shaped tree ornaments will be sold through the seal beach chamber or at city hall in the community services department to benefit youth in business scholarship

saturday november 27

4pm to 7pm tree lighting at dusk at the base of the seal beach pier

carolers snow hot cocoa

Spark Love Toy Drive

Christmas Holiday Parade 12/3/10
Breakfast with Santa on 12/11/10 (Eisenhower Park)
(Spark of Love Toy Drive-toys will be accepted at the breakfast)

Jazzercise Lite

Mary Jo Fouche
North Seal Beach Center
3333 Saint Cloud Dr.

Fitness that is not intimidating, just invigorating! This class combines moderate yoga, Pilates, kickboxing, aerobics & weight training exercises designed to improve strength, balance & flexibility using easy-to-follow moves. You can't go wrong with this popular High Intensity/Low Impact version of the original Jazzercise fitness program. ALL fitness levels welcome. Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water & a mat. Walk-in fee is \$10 PER CLASS. No Class 1/17

142044-01	6 weeks	Mon & Wed	1/3-2/9	6-7pm	13+yrs	\$50
142044-02	6 weeks	Mon & Wed	2/14-3/23	6-7pm	13+yrs	\$50

Jazzercise

Mary Jo Fouche
Marina Community Center
151 Marina Dr.

Fitness that is not intimidating, just invigorating! This high intensity, low impact class combines moderate yoga, Pilates, kickboxing, aerobics & weight training exercises designed to improve strength, balance & flexibility using easy-to-follow moves. You can't go wrong with this popular High Intensity/Low Impact version of the original Jazzercise fitness program. ALL fitness levels welcome. Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water & a mat. Walk-in fee is \$10 per class.

142042-01	6 weeks	1/4-2/12	Tue & Thu Sat	6-7pm 8:30-9:30	13+yrs	\$70
142042-02	6 weeks	2/15-3/26	Tue & Thu Sat	6-7pm 8:30-9:30	13+yrs	\$70

Beach Boot Camp

Bryce Turner
Seal Beach, 10th St. @ Ocean Ave.

Join Seal Beach's exclusive Beach Boot Camp, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN! Don't wait, start your New Years resolution NOW! Pay as you go \$10/ per class.

142062-01	10 weeks	Sat	1/8-3/12	9-10am	12+yrs	\$89
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X Fit on the Beach

Bryce Turner
Seal Beach, 10th St. @ Ocean Ave.

X FIT is a CROSSFIT style workout on the beach. Work with CROSSFIT CERTIFIED TRAINERS that will teach, motivate, and challenge you with one of the most sought after workout programs in the industry today. The X Fit program is designed for every fitness level making it the perfect workout for any fitness enthusiast regardless of experience. This program has been used for elderly individuals with heart disease to advanced athletes 30 days from competition. This program delivers fitness results from expert design, muscle confusion, and exclusivity of achievement. Pay as you go \$10/per class.

142061-01	10 weeks	Sat	1/8-3/12	8-9am	14+yrs	\$89
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Running Club

Bryce Turner
Seal Beach - 10th St, 10th St @ Ocean Ave
Meet at the foot of the pier (Ocean & Main)



Have you ever wanted to run a 5K? 10K? Or even a Marathon? Run Club is the program for you. Work with avid runners to complete your first event or win your next. Whether a novice runner or a marathon champion this program will progress you to get ready. This program will incorporate running through the city streets, in sand on the beach, on trails & up hills while working on speed, distance, and endurance. You will have weekly goals and challenges to keep you competitive and focused. Pay as you go \$5/per class.

142060-01	10 weeks	Tue & Thu	1/4-3/10	6-7pm (30-60 min runs)	12+yrs	\$89
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Hatha Yoga

Suzy Hazard
Seal Beach Senior Center
707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

142070-01	9 weeks	Tue	1/11-3/8	5:30-6:45pm	18+yrs	\$70
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Gentle Yoga

Suzy Hazard
Seal Beach Senior Center
707 Electric Ave.

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

142068-01	4 weeks	Thu	1/6-1/27	9:30-10:45am	50+yrs	\$33
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Yoga on the Bluff

David Hennage
Eisenhower Park, 900 Ocean Ave.

Improve your physical being and gain self-confidence. The purpose of this class is to reduce the barrier for non-traditional yoga students to practice yoga. This class will include basic instruction in yoga and an hour-long practice designed for people of all ages and ability. Please bring a blanket or yoga mat. Class may be cancelled due to special events at Eisenhower Park.

142081-01	9 weeks	Sun	1/9-3/6	1:30-2:30pm	6+yrs	\$75
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PIYO (Pilates/ Yoga)

Patricia McKane
North Seal Beach Center, 3333 Saint Cloud Dr.

PiYo is a fusion of Pilates and Yoga. You will enjoy the benefits of training the core (abdominals, trunk and back) by employing the rigors of the Pilates method. Then a series of Hatha Yoga poses emphasizing breath for a total mind, body fitness experience. Wear loose, comfortable clothing and bring a sticky mat and/or beach towel. Walk-in fee \$10/class.

142078-01	10 weeks	Sat	1/8-3/12	9:30-11am	15+yrs	\$82
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PIYO- Stretch & Relaxation

Patricia McKane
Seal Beach Senior Center
707 Electric Ave.

This is a class developed with seniors in mind. The emphasis is on stretching, flexibility & balance. The strength building portion includes maximum recovery time between poses. PiYo is a fusion of Pilates and Yoga. You will enjoy the benefits of training the core (abdominals, trunk and back) by employing the rigors of the Pilates method. Then a series of Hatha Yoga poses emphasizing breath for a total mind, body fitness experience. Wear loose, comfortable clothing and bring a sticky mat. Walk-in fee \$10/class. No Class 1/17, 2/14, 2/21

142078-02	10 weeks	Mon	1/3-3/28	7-8:30pm	50+yrs	\$82
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Pilates Beginning

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

Geared for NEW STUDENTS. The Pilates method will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. With the Pilates Method of physical and mental conditioning, you can have all that, without doing boringly repetitive exercises or twisting yourself into awkward and unfamiliar postures. Continuing program, must attend first session to register for the second session. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

142072-01	5 weeks	Fri	1/7-2/4	2:30-3:30pm	18+yrs	\$42
142072-02	5 weeks	Fri	2/18-3/18	2:30-3:30pm	18+yrs	\$42

Pilates Intermediate

Patricia Griswold
Marina Community Center- Large Room
151 Marina Dr.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

142069-01	5 weeks	Tue	1/11-2/8	11:30am-12:30pm	18+yrs	\$42
142069-02	5 weeks	Tue	2/22-3/22	11:30am-12:30pm	18+yrs	\$42

Pilates Advanced

Patricia Griswold
Seal Beach Senior Center
707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of Pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met. No Class 2/11

142071-01	5 weeks	Fri	1/7-2/4	1:15-2:15pm	18+yrs	\$42
142071-02	5 weeks	Fri	2/18-3/18	1:15-2:15pm	18+yrs	\$42

Beginning Tai Chi Chih

Suzanne Roady- Ross
Marina Community Center- Small Room
151 Marina Dr.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 1/17, 2/21

142073-01	5 weeks	Mon	1/3-2/7	5:30-6:30pm	12+yrs	\$42
142073-02	5 weeks	Mon	2/14-3/21	5:30-6:30pm	12+yrs	\$42

Intermediate Tai Chi Chih

Suzanne Roady- Ross
Marina Community Center- Small Room
151 Marina Dr.

Refine your practice and deepen the benefits of this simple but powerful moving-meditation. Reduce stress and experience peace within and thereby promoting wellness. No Class 1/17, 2/21

142077-01	5 weeks	Mon	1/3-2/7	6:45-7:45pm	12+yrs	\$42
142077-02	5 weeks	Mon	2/14-3/21	6:45-7:45pm	12+yrs	\$42

Argentine Tango

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within!

142038-01	6 weeks	Tue	1/11-2/15	8:15-9:15pm	18+yrs	\$65
142038-02	6 weeks	Tue	2/22-3/29	8:15-9:15pm	18+yrs	\$65
142038-03	6 weeks	Tue	1/11-2/15	7:15-8:15pm	Level 2 18+yrs	\$65
142038-04	6 weeks	Tue	2/22-3/29	7:15-8:15pm	Level 2 18+yrs	\$65

Intermediate Ballroom

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Geared towards students with some basic dance experience, Ballroom Intermediate is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary.

144020-01	6 weeks	Mon	1/10-2/14	8:30-9:30pm	18+yrs	\$65
144020-02	6 weeks	Mon	2/28-4/4	8:30-9:30pm	18+yrs	\$65

Line Dancing

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Join me in dancing both Latin and Country Line Dances, such as Mambol, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun!

142027-01	6 weeks	Wed	1/12-2/16	6:30-7:15pm	18+yrs	\$55
142027-02	6 weeks	Wed	2/23-3/30	6:30-7:15pm	18+yrs	\$55

Adult Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor.

142028-01	6 weeks	Wed	1/12-2/16	7:15-8:15pm	18+yrs	\$65
142028-02	6 weeks	Wed	2/23-3/30	7:15-8:15pm	18+yrs	\$65

Swing

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Let's swing into the New Year! Swing is such a popular dance, easy to learn and tons of fun! The session will teach the moves of East Coast Swing, also known as Triple Time Swing, cover basic turns, leads and follows. Partner not necessary.

144022-01	6 weeks	Wed	1/12-2/16	8:15-9:15pm	18+yrs	\$65
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Latin Basics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Learn the Hot Latin dances of Cha Cha, Rumba, Samba, and Salsa! This class will teach beginner to intermediate steps and combinations to get dancers of all levels "burning the floor!" Partner not necessary.

142039-01	6 week	Wed	2/23-3/30	8:15-9:15pm	18+yrs	\$65
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Adult Tap

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

142026-01	6 weeks	Thu	1/13-2/17	7:15-8pm	18+yrs	\$65
142026-02	6 weeks	Thu	2/24-3/31	7:15-8pm	18+yrs	\$65

Adult Ballet/ Jazz

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended.

142040-01	6 weeks	Thu	1/13-2/17	8-9pm	18+yrs	\$65
142040-02	6 weeks	Thu	2/24-3/31	8-9pm	18+yrs	\$65

Ballroom & Latin Dancing

Anne Pennypacker

North Seal Beach Center, 3333 Saint Cloud Dr.

Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed! *

142024-01	1 Day	Sat	1/22	7:30-10pm	18+yrs	\$22
142024-02	1 Day	Sat	3/26	7:30-10pm	18+yrs	\$22

Senior Line Dancing

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Kick up your heels and learn basic line dance movement. Class will move at a beginner level pace, breaking down fundamental line steps and applying those steps into the various line dances.

156060-01	6 weeks	Thu	1/13-2/17	10-10:30am	60+yrs	\$48
156060-02	6 weeks	Thu	2/24-3/31	10-10:30am	60+yrs	\$48

Senior Ballroom Social Dance

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Learn the basics of Ballroom and Latin in this fun & friendly atmosphere! Refine the basics and add more steps to move you along. We'll dance foxtrot, waltz, rumba, cha cha, swing and more. Partner not necessary!

156061-01	6 weeks	Thu	1/13-2/17	10:30-11am	60+yrs	\$48
156061-02	6 weeks	Thu	2/24-3/31	10:30-11am	60+yrs	\$48

Jacki's Aerobic Dancing

Martha Stegen

North Seal Beach Center, 3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing is the original fitness program that is totally fun!!! Rather than calisthenics to music, students learn choreographed dances designed to give an excellent cardiovascular & muscular workout. Students dance to a variety of music at their fitness level. Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. *Pay as you go \$6.

142030-01	12 weeks	Tue & Thu	1/4-3/24	4:30-5:30pm	16+yrs	\$122
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Basic Bike Maintenance Part A

Dave Dunton

Marina Community Center- Large Room, 151 Marina Dr.

Do you have the bike you wish you rode more? Do you ever wonder how to change a tire? How to take care of your bike so it lasts? In the first part of a two part course, learn the basics of bike care and the essentials needed to deal with: flat tires, chain that keeps falling off, basic bike safety and simple care & maintenance steps. Just an hour long, with plenty of time for questions & answers, you will be ready to ride! Sign up for both Basic Bike Maintenance Classes (A & B) for \$60!

166075-01	1 Day	Mon	1/10	6:30-7:30pm	10+yrs	\$35
166075-02	1 Day	Mon	2/28	6:30-7:30pm	10+yrs	\$35

Basic Bike Maintenance Part B

Dave Dunton

Marina Community Center- Large Room, 151 Marina Dr.

Brakes squeaking? Shifting problems? Troublesome noises on your bike? In this more advanced segment you will learn the basic adjustments of your bike for performance. You will learn about the limiting screws (yes, they are useful!), barrel adjusters and the angles of various components. We will also share with you the secrets of easy adjustments for performance. Designed for more advanced riders or those who wish to deepen their knowledge. Sign up for both Basic Bike Maintenance Classes (A & B) for \$60!

166076-01	1 Day	Mon	1/17	6:30-7:30pm	10+yrs	\$35
166076-02	1 Day	Mon	3/7	6:30-7:30pm	10+yrs	\$35

Open Gym Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave

Co-ed Volleyball Open Gym is offered on Wednesday evenings from 7-9pm at McGaugh gym. This program is for individuals looking to play extra volleyball games on a recreational level. \$4 collected at the door per person. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information please call (562) 431-2527 x: 1341.

143060-01	13 weeks	Wed	12/8-3/9	7-9pm	18+	\$4
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Basketball League

Basketball leagues will begin in mid January. The cost is \$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or e-mail Mlee@ci.seal-beach.ca.us.

Softball League

Softball leagues will begin in March; the cost is \$400 per team. For additional information, please contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or e-mail Mlee@ci.seal-beach.ca.us.

Home Fire and Burn Prevention Checklist

Use this checklist to inspect your house for possible fire dangers:

- ☐ Are matches and lighters locked up and out of children's reach?
- ☐ Are portable space heaters kept away from curtains, furniture and normal traffic patterns? Portable kerosene heaters are prohibited for home use in many states. Has all your heating equipment been checked and cleaned this year?
- ☐ Are there adequate outlets to avoid the need for multiple attachment plugs and long extension cords? Avoid placing extension cords under rugs, over hooks, or through partitions and door openings. Do you have special electric outlet covers to protect young children?
- ☐ Do you check to make sure there are no burning cigarettes under cushions before going to bed?
- ☐ Do you have a fireplace screen to prevent sparks from flying?
- ☐ Do you have the proper sized fuses or circuit breakers for your household?
- ☐ Is your water heater turned to 120°- 125°? High settings will cause a serious burn in seconds.
- ☐ Do you have gasoline stored in a strong metal can with a self-closing cap on the opening? Is it stored away from flames and all heat sources, including the water heater pilot light?
- ☐ Is your garage free from rubbish, oil rags, flammable liquids, large stacks of paper, and kept in an orderly manner?
- ☐ Are all paint, varnish and other flammable liquids stored in tightly closed metal containers and placed away from all heat and ignition sources?
- ☐ Do you have a fire extinguisher in your kitchen near the exit? Is it easily accessible and ABC rated? Do you know how to use it?
- ☐ Are your kitchen stove, oven, broiler and exhaust fan kept clean of grease? If a grease fire does occur, smother the flames with a pan lid-never throw water on a grease fire! Remember to turn pot handles toward the back of the stove and cook on back burners.
- ☐ Are there one or more smoke detectors placed properly throughout the house, especially by the bedrooms? Are they in good working order and tested monthly?
- ☐ Is all large native shrubbery cut back 100 feet from your home? (Check local regulations).
- ☐ Do you use your barbecue grill at least 10 feet away from your house? Remember, never use gasoline or apply lighter fluid to recently lit coals!
- ☐ Do you have a family escape plan drawn up and practiced? Does it include two ways out of every room? Suggestion: Practice your plan and test your smoke detectors at the same time.
- ☐ Have you considered installing residential fire sprinklers to protect your family?

For additional tips, visit
www.burninstitute.org



**Burn
Institute®**

Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd.
Pool Office (562) 430-9612
Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. Shallow and deep water aerobics are also offered. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Winter Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$80
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$200
Monday-Friday	6pm – 6:30pm	Youth	(No guests)
Saturday & Sunday	8am – 9am	Youth	Daily fee: \$2
			16 swim pass: \$32

Group Swim Lessons

Over 1500 youth recreation swim lessons are taught during the summer only. Private swim lessons are available for youth and adults. Please call the Community Services Office for more details.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave

This deep-water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. Call Recreation office for details. You will burn calories while improving endurance, flexibility and strength. No Class 1/17 & 2/21

144010-01	5 weeks	Mon & Wed	1/3-2/2	5:30-6:30pm	18+ yrs	\$55
144010-02	5 weeks	Mon & Wed	2/7-3/9	5:30-6:30pm	18+ yrs	\$55

M&M Surf Camps

Michael Pless
Fee: 1 week/ \$250; 1 Day/ \$65
8th St. Beach, 8th St @ Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for 26 years and has 48 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate your week preference on the registration form. Register through the Community Services Office and an instructor will contact you directly after paperwork is complete.

160761-01 1 week Mon-Sun *12/6-3/13 (weekly ongoing classes)
8am-12pm All Ages

M&M Surf- Private Lessons

\$80/hr Call Michael Pless at (714) 846-7873 for schedule your private surf lesson.

Grand Re-Opening Ceremony



From left to right: Dave & Heather Woodland from Commercial Aquatic Services, School Board Members Meg Kutuli & Karen Russell, Mayor David Sloan, Councilman Gordon Shanks, Mayor Pro Tem Michael Levitt, Councilman Charles Antos, Recreation & Parks Commission Chair Carla Watson, Recreation & Parks Commissioner Schelly Sustarsic, and Kevin Gilhooley, Field Representative from Senator Tom Harman's Office attend the re-opening of McGaugh Pool on August 9, 2010.



Marina Park • 151 Marina Drive • (562) 431-2527 x:1344

Classes taught by Seal Beach Community Services Tennis Pro Instructor Manny Stamaria. Must bring your own tennis racquet to class. Minimum 3 sign-ups or class will be cancelled.

CLASS #	CLASS TITLE	DAY	DATE	TIME	AGE	PRICE	Weeks
133020-01	Pee-Wee	Tuesday	1/11-3/1	3:00-3:30pm	5-7 yrs	\$62	8
133021-01	Juniors		1/11-3/1	3:30-4:30pm	8-10 yrs	\$122	8

Seal Beach Tennis Center • 3900 Lampson Ave • (562) 598-8624

CLASS #	CLASS TITLE	DAY	DATE	TIME	AGE/ LEVEL	PRICE	Weeks
133020-02	Pee- Wee	Monday	1/10-2/28	3:00-3:30pm	5-7 yrs	\$62	8
133021-02	Juniors		1/10-2/28	3:30-4:00pm	8-10 yrs	\$62	8
133022-01	Adult- Beg		1/10-2/28	6:00-7:00pm	18+ yrs	\$122	8
133022-02	Adult- Beg	Tuesday	1/11-3/1	6:00-7:00pm	18+ yrs	\$122	8
133022-03	Adult- Int		1/11-3/1	7:00-8:00pm	18+ yrs	\$122	8
133020-03	Pee- Wee	Wednesday	1/12-3/2	3:00-3:30pm	5-7 yrs	\$62	8
133021-03	Juniors		1/12-3/2	3:30-4:00pm	8-10 yrs	\$62	8
133022-04	Adult- Beg		1/12-3/2	6:00-7:00pm	18+ yrs	\$122	8
133020-04	Pee- Wee	Thursday	1/13-3/3	3:00-3:30pm	5-7 yrs	\$62	8
133020-05			1/13-3/3	3:30-4:00pm	5-7 yrs	\$62	8
133021-04	Juniors		1/13-3/3	4:00-5:00pm	8-10 yrs	\$122	8
133021-05			1/13-3/3	5:00-6:00pm	11-14 yrs	\$122	8
133022-05	Adult- Beg		1/13-3/3	6:00-7:00pm	18+ yrs	\$122	8
133022-06	Adult- Int		1/13-3/3	7:00-8:00pm	18+ yrs	\$122	8
133022-07	Adult- Beg/ Int	Saturday	1/15-3/5	4:00-5:00pm	18+ yrs	\$122	8

The City of Seal Beach Public Tennis Center

General Public Hours of Operation:

Monday- Friday 12:00pm-9:30pm
Saturday & Sunday 12:00pm- 5:30pm

Reservations:

General Public may reserve courts 4 days ahead of time (Monday call for Thursday)

Court Fees:

12:00pm- 5:00pm – \$10.00 per hour per court.
5:00pm- 9:30pm – \$12.00 per hour per court.
Seal Beach Residents save \$2.00 per hour per court.
Junior rates – \$5.00 per hour per court (17 & under).
The adult rate applies if junior and adult play together.

Ball Machine:

\$16.00 per hour. Member receives ½ off.

Full Service pro shop

24- Hour Racquet Stringing.

For more information on becoming a member, please call (562) 598-8624.

Private and group lessons available from USPTA instructors. Personal training sessions available in the tennis center gym.

Interested in becoming a member? Call (562) 598-8624

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

Monday, Tuesday, and Wednesday operate between 2-5pm. Pick up and drop off at Leisure World only and take you to the Ralph's or Target shopping area. Thursday's they operate between 9am-5pm.

- 9am-2pm - Pick up and drop off from Leisure world only and will take them to the Ralph's or Target shopping area.
- 2-5pm - Pick up and drop off anywhere in Seal Beach.
- Friday - closed

For reservations and additional information, call (562) 439-3699.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.



Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

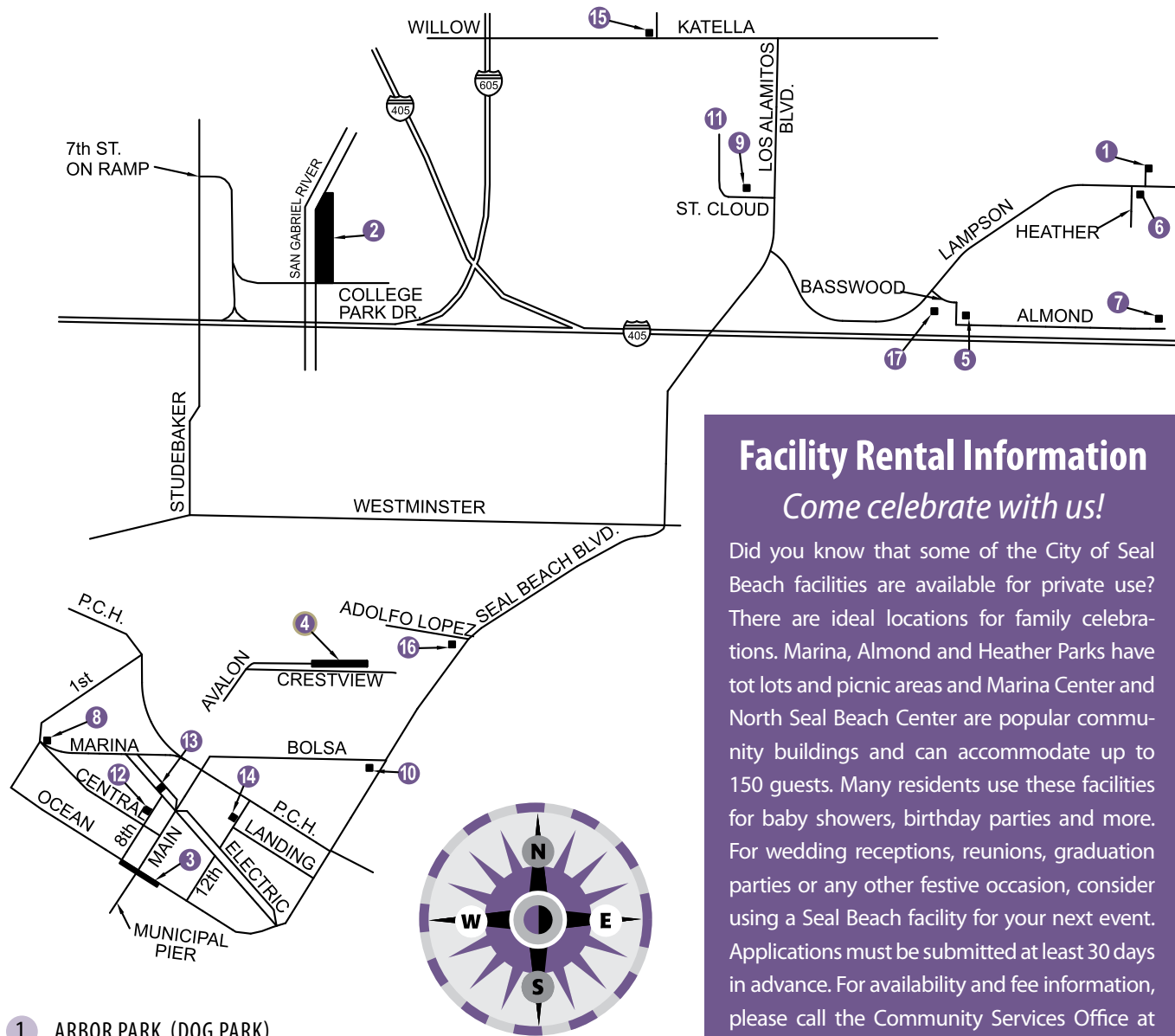
Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

AARP- Driver Safety Program

Seal Beach Senior Center, 707 Electric Ave.

Enroll in this innovative, interactive classroom-only driver retraining program designed to assist older persons improve driving skills. THIS IS NOT A DRIVING COURSE but includes information on: effects of aging & medications, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving, and accident prevention measures. You may receive an auto insurance discount by completing this course. Pre-Registration is required. Please call (562) 431-2527, ext 1344 to receive registration material by mail. The class offered on November 11 & 18 and February 10 & 17 are 8 hour courses offered on two consecutive Thursday mornings at the Seal Beach Senior Center from 9am- 1pm. You must attend both four-hour classes to receive your certificate. The course fee is \$12 per person for AARP members and \$14 per person for non-members. Please make checks payable to AARP.

156080-01	2 weeks	Thu	11/11-11/18	9am-1pm	50+yrs
156080-02	2 weeks	Thu	2/10-2/17	9am-1pm	50+yrs
156080-03	1 day	Thu	3/17	9am-1pm	50+yrs



Facility Rental Information

Come celebrate with us!

Did you know that some of the City of Seal Beach facilities are available for private use? There are ideal locations for family celebrations. Marina, Almond and Heather Parks have tot lots and picnic areas and Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more. For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

- 1 ARBOR PARK (DOG PARK)**
4665 Lampson, behind WestEd Facility
College Park East Off Lampson 100 ft. East of Heather St.
Soccer and Baseball Fields, RR
- 2 EDISON PARK & GARDENS**
99 College Dr, in College Park West
Tot Lot, Basketball Ct, Sand Volleyball, Softball Diamond, Public Gardens, PP
- 3 EISENHOWER PARK**
Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier
- 4 GUM GROVE NATURE PARK**
On the Hill Corner of Crestview & Avalon Drive
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP
- 5 (BB) BLUEBELL PARK**
Almond Ave & Bluebell St., in Col Pk East
Basketball Ct, Play Field & Tot Lot (Lights)
- 6 (HP) HEATHER PARK**
Heather St. & Lampson, in Col Pk East
Tennis Cts (Lights), Play Field, Tot Lot, PP
- 7 ALMOND PARK**
4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts
- 8 MARINA CENTER & PARK**
151 Marina Dr, at 1st St. in Old Town
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights), Racquetball Courts (Lights), RR, PP
- 9 NORTH SEAL BEACH CENTER (NSBC)**
3333 St.. Cloud Dr
Community Center, Daily Senior Meals, RR
- 10 MCGAUGH GYMNASIUM, POOL, TENNIS COURTS & FIELDS**
1698 Bolsa Ave, at Seal Beach Blvd, On the Hill.
Pool Office Phone: 430-9612
Public Pool, Gym, Tennis Cts, Play Fields, RR
- 11 ROSSMOOR/LOS ALAMITOS LIBRARY**
- 12 CITY HALL & RECREATION OFFICE**
211 8th St., 2nd floor in Old Town
- 13 SENIOR CENTER AT MARY WILSON LIBRARY**
707 Electric Ave in Old Town. Senior Center Facility, Greenbelt, RR
- 14 ZOETER SOFTBALL FACILITY**
12th Street & Landing Avenue. Premier Softball Diamond (Lights), RR
- 15 LOS ALAMITOS COMMUNITY CENTER**
10911 Oak St., Los Alamitos (Oak & Katella)
430-1073, Co-Sponsor for Programs
- 16 SEAL BEACH POLICE**
Seal Beach Blvd, at Adolpho Lopez Drive. (562) 799-4100
- 17 SEAL BEACH TENNIS CENTER**
Tennis Facility Located in Seal Beach on Lampson,
just east of Seal Beach Blvd.

3 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

Seal Beach Community Services Department

211 8th Street

Seal Beach, CA 90740

No confirmation is sent to you. Please consider yourself enrolled and attend the first scheduled class. Your canceled check is your receipt. If you want a receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

**Registration Begins
November 8, 2010**

2 FAX

Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

3 WALK IN

Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

ON-SITE

We hate to cancel classes due to late registration. Please enroll early to avoid cancellations. Thank you.

Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us.

► Refund checks will be mailed within three week following the request.

► If the Department cancels a class, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

Community Services Department

City of Seal Beach

211 8th Street

Seal Beach, CA 90740

Office (562) 431-2527 ext. 1344

Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
(closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach Shoreline? If so, you can email them to Dana at dkukuruda@ci.seal-beach.ca.us.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!



211 8th Street, Seal Beach, Ca 90740
Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

ADULT NAME: _____

LAST NAME FIRST NAME

ADDRESS: STREET CITY STATE ZIP

EMERGENCY CONTACT:	PHONE #
--------------------	---------

☐ Check if address or phone number has changed (For returning Participants only)

RELEASE AND INDEMNIFICATION

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

SIGNATURE TOTAL CHARGED TO ACCT: \$

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
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201 8th Street, Suite 120
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Phone (562) 799-0179
www.sealbeachchamber.org



211 8th Street (2nd floor)
Seal Beach, CA 90740
(562) 431-2527 x1306



present
the
2010

seal beach **tree lighting ceremony**

come see
the new
18' tree

gift tag-shaped
tree ornaments
will be sold
through the
seal beach chamber
to benefit
youth in business
scholarship

**saturday
november 27**

4pm to 7pm
tree lighting at dusk
at the base of the
seal beach pier

carolers
snow
hot cocoa



Christmas Holiday Parade 12/3/10
Breakfast with Santa on 12/11/10 (Eisenhower Park)
(Spark of Love Toy Drive-toys will be accepted at the breakfast)